

BRIDGES

WEDNESDAY, FEBRUARY 26, 2014

PARENT TO PARENT:

Push presents: What do
you think?
P. 13

CITY NEWS:

Space Design Team
enters Mars rover
challenge P. 16

SHARP EATS:

Juicing counts mega
nutrition and instant
energy as benefits P. 26

A STARPHOENIX COMMUNITY NEWSPAPER

THE VOICE OF YOUTH

WITH POETRY, ISAAC BOND
IS INSPIRING YOUNG PEOPLE
TO OPEN THEIR HEARTS
AND SHARE THEIR THOUGHTS P. 8



FREE

INDEX

ON THE COVER PG. 5



Jason Bond founded Write Out Loud to encourage spoken word poetry to youth in need of a communication outlet and a place to share their work. **BRIDES PHOTO BY MICHELLE BERG**

TABLE OF CONTENTS

INVENTORY — 2
French delicacies delight at Little Bird Patisserie

FASHION — 4
Classic look inspired by pin-up beauties of the past

IN THE CITY — 6
Marmite in Time: Michelle Berg's best shot of the week

COVER — 8
Spoken word poet Jason Bond is helping the next generation find their voice

PARENT TO PARENT — 13
Push presents: What do you think of the idea?

CITY NEWS — 16

University of Saskatchewan
Socie Design Team enters Man-
over challenge

READ MY BOOK — 17

The third book of *Black & Blue*
adventures by Marion Morel

EVENTS — 18

MUSIC — 20

Hip hop duo Kev & Clay head
toward polka rockymatiqua in
song

ASK ELIE — 21

ON THE SCENE — 22
At the Chefs' Gala A. Shawson

CROSSWORD/PUZZLES — 23

OUTSIDE THE LINES — 24
Artist Stephane McKey's
wacky colouring creation

GARDENING — 25

Chefmat, Sam Williams' rec-
ollections on Irish gardens

SHARP EATS — 26

Juicing benefits include drink-
able nutrition and instant
energy

WINE WORLD — 37

Bright and shiny: The Spanish
white pairs well with tapas

MY FAVOURITE PLACE PG. 7



Artist Jennifer Fischbeck (left) and Jennifer Fischbeck about her most recent series at the Sherbrooke Community Centre art studio. **BRIDES PHOTO BY MICHELLE BERG**

BRIDES COVER PHOTO BY MICHELLE BERG

BRIDES is published by The Star-Refiner — a division of Postmedia Network Inc. — at 200 15th Avenue North, Saskatoon, Saskatchewan S7K 2P1.
Pats McLaughlin is editor in chief.

For advertising inquiries contact 657-6340, extension 657-6422. Home delivery 657-6320. Hours of
operation are Monday to Friday, 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal
non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make
any use of the material you must first obtain the permission of the owner of the copyright. For more
information, contact the editor at 657-6402.

FASHION

SASKATCHEWAN STYLE

Krista Rohatyn: Dress-up look inspired by classics

By Ashley Martin

When Krista Rohatyn is serving as blueliner or heading trivia at O'Hanlon's she is in jeans and a t-shirt. So when she gets a chance to dress up she goes all out.

"It's nice to get pretty and be a part every once in a while," says Rohatyn.

When she gets dolled up Rohatyn goes for classic looks inspired by Marilyn Monroe and Betty Page.

"I don't like anything that is too revealing but I like to have a little bit of skin," she says. "There is a balance to be had."

Rohatyn's interest in fashion goes back to high school, when she was captivated by runway shows. In her second year of university she planned a European trip around fashion weeks. She didn't just go to fashion shows but, "I was just cool being around that atmosphere."

Over the years her style has changed, adapting things she liked as a teenager to be suitable for adulthood, but some things never changed.

"I really love the classics so that's kind of what I've stuck with."

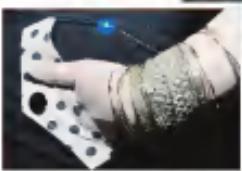
Classically dressed most of the time, Rohatyn likes to mix up some pieces in her outfit.

"I always wear novelty. I like to be unique in what I ever look have, even if it is just a t-shirt and jeans."

"As a bigger girl you appreciate accessories more than pants because you can always fit into them."

Do you get geared up to go to the gym?

Send a photo to bridges@thestarphoenix.com



1. HAIR By styled Amber Amy Morat. "My hairspiration very I'm not afraid to go to the tomboy in style or the girly, cup style, but it's a mixture to the style for her dress, up there I prefer."

"As for her colors? I like really saturated colors for my hair... I love. Make it as what as you can. I want almost an old-style blue to it."

2. EARRINGS By Cathedra! Villaseca Arts Festival. "My favorite place is the arts festivals. The folk fest... to shop for jewelry."

3. DRESS The Betty Page store in Las Vegas. "The nice thing about pin-up get style in for girls with curves. It really works for you."

4. ACCESSORIES Collected over the years — souvenirs from Mexico (she was ten years old as a teenager) others came from friends. "I always have a bracelet on."

5. TIGHTS "Stockings always are a necessary accessory whether she's fitness or beach装 or anything like that. Just giving you a little bit more individuality."

6. SHOES "They're an Italian leather shoe that were on ridiculous sale because [the store was] closing out at the time."

Krista Rohatyn at O'Hanlon's in Regina

BRIDGES PHOTOS
BY DON HEALY



EXCESS INVENTORY SALE

"This is THE Opportunity of 2014 for a new furnace installed for \$2499*."

We are helping ~~85~~ 41 homeowners by

"Giving Away"

\$5,500 furnaces for \$2,499* with purchase of off-Season Air.

Every year, the manufacturers of air conditioners and furnaces forecast how many to build. They are never right and often have additional inventory. Gregg's One Hour Heating and Air Conditioning negotiates with them for reduced pricing based on purchase by the truckload.

These are brand new models, NOT seconds or "blems" or standard "builder" models. They are factory-fresh, premium furnaces and air conditioners with a full factory warranty.*

FREE GIFT
valued at **\$132**

just for having an appointment
with one of our comfort advisors.



If your furnace is over 10 years old, you can replace your old and inefficient furnace and air conditioner as a package for less than you would pay any other time of the year.

Call 306-373-4664 today. A home comfort advisor will come out and measure your home and determine your perfect system.

Plus, these Energy Star® rated systems qualify for financing. Ask us to help!**



**Act now! There are only
89 41 systems available!
When they're gone,
this offer ends!**

You'll love Saskatoon's On-Time, heating
and air conditioning service provider!

306-373-4664

www.greggs.ca

503 51st Street East

*Sales Price. Receive an AFUE 80% high efficiency gas furnace with a variable speed ECM blower motor for \$2,499 with the purchase of a \$1,000 air conditioner. MicroPower Guard and Geotempus LCD Limited Quantities

**Manufacturer's or BBB's early warranty coverage. Warranties require equipment to be installed in accordance with the manufacturer's recommendations.

Some restrictions may apply. This does not include

©2013 One Hour Home Services, Inc.

IN THE CITY

FEBRUARY 23, 2014 - 8:10 A.M.

Good as golden



Blairanna Essler, Stephen Davies and Brandon Laroche celebrate Team Canada's 2014 Winter Olympics win during the 2014 NHL Winter Classic game against Detroit Red Wings and San Jose Sharks on Feb. 16, 2014. PHOTO BY MICHELLE GORDON

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

A space to spark creative fires

By Sean Trembath

The art studio at the Sherbrooke Community Centre in Saskatoon is a happy place.

Every day residents from the long-term care facility fill the space painting and drawing whatever their creative sides desire.

Avery Cochlin facilitates the sessions at Sherbrooke's artful in residence. Being there is her job, but that doesn't mean it's a chore.

"It's the best job I've ever had. It's just fun. You get to create and see other people create. That's pretty cool," she says.

Residents can come as often as they want. This leads to a rotating cast of artists, and many different styles.

Cochlin paints set some of the many paintings adorning the studio's walls speaking with pride about the accomplishments of the artists.

"We have regulars, but sometimes I'll call someone new on and they'll just shock you with what they can make," Cochlin says.

Kelly MacDougall sits before a large canvas with just a few gesturing brush strokes on it. She's working on her main ambition piece to date: an illustration of four children from Valley of Adventures as Rand McPherson said he first read in the sixth grade.

"Basically I live in there. This is my second home," says MacDougall.

It took some convincing initially to get her to the studio.

"When I first started I didn't think I could. I had terrible speech as. Then I started to do shapes like circles. Then I graduated to shapes. Then I graduated to stuff like that," she says.

She soon discovered a passion for the arts form.

"It offers me something I haven't been able to find anywhere before."



Artist in residence Avery Cochlin, a young woman with blonde hair in a plaid shirt and overalls, is smiling and working on a painting with a palette knife. She is surrounded by other residents and artwork on the walls. The studio is a creative space with various art supplies and finished pieces.

— an outlet for my creative ability," says MacDougall.

It's a common sentiment in the studio.

"I always liked to do something creative, but a lot of the things I did I can't do any more. But I do covered I really like this. I'd never

done that kind of art before," says Joanne Pleasing, who is working on a pencil/crayon illustration of an owl she found on the Internet.

Cochlin puts each resident's work into a portfolio. Once they've accumulated enough work, they're eligible to be Sherbrooke's artist of

the month, and have their work displayed all together in a designated area.

Cochlin is not so much a teacher as an encourager. She helps the residents find their own creative outlet. Since taking over the job from the previous artist in residence, she

has developed meaningful relationships with the people who choose to spend their time in the studio.

"I give them as much as they give me. It's a friendly, fun developed. It doesn't feel like a job," she says. www.thestarphoenix.com Twitter: [@seantrembath](https://twitter.com/SeanTrembath)

ON THE COVER

That first time, it was just a sense of, 'Thank God this exists.' — Isaac Bond

SPOKEN WORD

Helping the next generation find their voice

By Sean Trembath

The crowd at Village, Guitar and Amp in Saskatoon is sparse but enthusiastic.

Performers approach the mic usually with a pad of paper or a smartphone, and launch into poems about identity, self-worth, pop culture or some combination thereof.

The poets are nervous, but no one holds it against them. Most of them are still in high school. What they lack in professionalism, they make up for in hunger. They want to be heard.

This night is specifically for them. Saskatoon's next generation of spoken word artists. It's organized by a man who has made it his goal to foster the art form in the city and particularly in the young.

Isaac Bond stands tall at the microphone. He's not performing tonight. Instead, he brings up the younger artists and makes sure the crowd is giving them enough love.

Bond founded Write That Line (WTL), the organization behind tonight's performances. An offshoot of Tonight It's Poetry (TIP), Saskatoon's long-standing weekly spoken word night, WTL's stated goal is the expansion of the form's influence in the city.

Schools are a natural place for WTL to spread the gospel of spoken word. Feeling like you aren't being heard is part of the teenage experience. Poetry is about formalizing your thoughts and letting the crowd know it.

It's something Bond wants to help other people experience. Not surprising given how important it has been to him.



Isaac Bond spends a lot of his time introducing his love of spoken word poetry to the young and interested. *Expoxy Photo by Michelle Remo*

Never spoken word. Didn't hear about TIP hosted at Plaza and then at Lydia's. The same deficit Broadway venue that's still a lingering part of the show's identity.

"I heard people talking about it and thought I should go check it out. I went played the exact day or year

but I went, I read a poem, and I was like, 'Wow.'

He adores his early performances now. He started out doing what were essentially versions of big hip hop songs, but without music.

"It didn't look very well. If I could compare it to anything, it would be

kind of like having a sandwich with out the bread. There was just something missing."

Even so, he was hooked on the rush of performing and the aftermath of the audience.

"It was mostly just a relief. There wasn't a lot of pent up emotion going

in, but once I did it, and got the vibe of the audience, I was just relieved to have a place to share my work and to know it would be received the way it was."

He started trying to write special only for the fans, playing off audience reactions.

"That first time, the first time, it was just a sense of, 'Thank God this exists.'

"Beat reminders."

A lot of my poems are social justice-themed. It's something important to me. I've gone through stereotypes and racism. —

Kiran Shah



Kiran Shah, 17, performs at the Write Out Loud Poetry Slam at Village Green Arts on January 26.
 (BRIAN HOGG/PHOTO BY MICHELLE NG)

"It was a growing process to figure out what the audience wanted," he says.

As he performed more, he made the inevitable shift from just doing poems to competing in slams. A poetry slam is spoken word battle in groups, with audience members giving scores to poets and sometimes being crowned winner at the end of the night.

Shah was successful in slams, to the point where he was chosen to be on the team representing Saskatchewan at the Canadian Festival of Spoken Word later in 2013. He was also STP's representative at the 2013 Canadian Individual Poetry Slam Championships in Vancouver, where he made the final.

Although he liked the competition, he was always aware that turning art into competition carried problems.

"Even though it worked to my

benefit, I felt a bit strange about it. Since I was a team member and our team did well, it was like 'I'm here.' Well that's kind of poofy Shah is just a poem. There's lots of people that don't make slam teams that are really great artists," Shah says.

These concerns played into the creation of Write Out Loud. In addition to promoting spoken word, the organization gives professional opportunities to poets through workshops on schools and elsewhere. Workshop facilitators are paid for their work, something that's always tough for a poet.

"I've seen that we can play this game and get some recognition, but if it doesn't create real professional opportunities for artists, and doesn't really bring spoken word into the community into various contexts where it can be valuable.

Continued on page B8

SUNVIEW
WINDOWS
We build them! • We install them! • We stand behind them!

4th Annual Winter Build Sale
MADE IN
SASKATOON
40% OFF Windows
SALE ENDS FEB 28!

(306) 934-2870
Yes, we do in-home consultations

GEAR UP FOR WINTER



Stay warm with all the top brand names
Baffin, Sorel, Under Armour,
Merrill, Columbia, GKE, Emsi



80-887 Circle Drive East
Saskatoon, SK S7K 0T1
Ph: (306) 668-4888
Fax: (306) 668-8181
1-877-858-4888
800-668-4888

Celtic Woman

the **emerald** tour

LIVE IN CONCERT
TICKETS ON SALE NOW

MARCH 19 - 7PM

YOU PLAYS
1000 35TH STREET, YOU PLAYS BOX OFFICE
TO TICKETSALES@YOUPLAYS.COM
WWW.CELTIKWOMAN.COM
EMERALDTOUR.COM

With every workshop I do, there's usually a flip once I perform a piece. They just haven't been exposed to that form of poetry. — Bond



So I thought the best way to accomplish both those objectives was to get out there, there's some nice money partnerships, and do some workshops," he says.

While SICK is not focused on schools, most of the workshops have been in classrooms. It's rewarding to Bond exposing students to an art form some of them knew nothing about.

"With every workshop I do, there's

usually a flip once I perform a poem. They just haven't been exposed to that form of poetry," he says.

"It comes into a classroom and try to talk for 30 minutes about what spoken word is, or what happens at a show. I get a lot of dull expressions. Once I actually perform for them, they're a lot more willing to listen to me."

Those who got into it were doing so with intense passion, Bond says

potential in the kids and wanted to give them a space to perform.

Again, circumstances provided the structure he needed. The first ever Youth mandolin, an event specifically for young poets, was set to take place in Ottawa in August of 2013.

Bond decided to set up a team, and started hosting youth shows to find some candidates. He did, and they went to Ottawa with him as their coach. They represented the city

and, according to the young poets, had the time of their lives.

Rack at Village-Gatineau Library Shikshaj adorns the red dots to her headdress.

The 17-year-old Grade 12 student was part of the team that went to Ottawa.

"I thought her poems are about being yourself, and not worrying about outside pressures. It's a topic with

which she's interested. Originally from Pakistan, Shikshaj, 18, and her 14-year-old

"A lot of my poems are about justice-themed. It's about going through stereotypes, and racism," she says, sitting at one of the tables set up in the makeshift performance space.

She describes herself as shy, but doesn't come across in her performances.

I'd say out of all the poets I know or have listened to live, he's probably the one that has had the most influence on me.— Joel "Dash" Reimer



STEVE BOND FOUNDING MEMBER OF LOOSE LEAF A REVIEW OF THE VARIOUS APPROACHES TO SPEECH AND WRITING TO CREATE A SOURCE OF REVENUE FOR LOCAL POETRY. PHOTOS BY ANDREW BURG

"When you're talking to people, it's different than if you're performing. It's great each is a good way to talk about social issues and talk about different things that matter to you and get people to listen and maybe change their mind," Shash says.

She gave a brilliant example of this during one of the shows in Ottawa.

"I did a poem about the lyrics, and after winds a guy came to me and said I changed his mind about it. I really appreciated that. That meant a lot to me, because I did some-

thing," she says.

Although he wasn't on the stage, Bond was instrumental in the troupe's performance, helping them shape their poems and offering support where it was needed.

"He wasn't the kind of coach who was breathing down your neck. That was really good. He let us write our own things and bring our own work. But he was still firm with us. He made sure we measured every thing," Shash says.

Continued on Page 12



1 IN 10 CANADIANS HAS KIDNEY DISEASE

More than 1 Million are at risk.



To make your online donation
please visit www.kidney.sk.ca
or call 1-888-664-8588

Kidney Disease can happen to anyone and at any time.
Your donation makes a real difference.

**March is
Kidney Health
Month,
Donate now**

Give the Gift of Life

**AUTO
RETIREMENT**
for a cause

**Fun Run
& Walk**

For more information on
the walks and
other events in your
community, please
visit www.kidney.sk.ca



Donate your unwanted vehicle
to The Kidney Foundation
of Canada and get a shiny
new tax receipt!
1-877-227-7845

The most simple way to put it is, it's going to teach kids how to speak eloquently and listen actively.

No matter what you're going to do in life, those are really crucial skills — Bond



Inset: Brad (right) and Brent (far right) perform on stage at the 2012 Words on the Street festival in Saskatoon. (Inset photo by Shelly Ponok)

On the night Brad "Dash" Brainer, another member of the youth team, performed his first-ever poem Brad was the feature act.

"I'd say not all the poets I know or have listened to have the poise by the ear that has had the most influence on me. It's partially just the way he performs, but also just talking to him. He doesn't just do any thing. He thinks about it and has theories about why he does what he

does," says the second year University of Saskatchewan student.

On top of having Brad as a coach, Brainer has also worked alongside him, facilitating some of Willis' workshops. He understands the value that's presented to students, having been in high school himself when he first caught the spoken word bug.

"Poetry is a great way to get the kids not only to communicate what he

they're feeling, but also to think through things. As a kid you have so many random emotions you don't understand. Poetry is a way to help them sort through that and argue over that and become better through it," Brainer says.

It's not that poetry is the only way for a kid to express him or herself. But when it works, it really works.

"It's the easiest way for me to be honest. Everybody has ideas to get

annoyed and for me, that is the easiest way to do it. For other people it's dancing or speaking," he says.

Brad says he has never had a teacher tell him a workshop went poorly. Willis continues to operate as long as it can find funding.

He knows not all the kids he works with in schools are going to become poets. Regardless, he's satisfied knowing he's exposing a new generation to the art form he loves.

Even if they never think of using word again, they'll have something out of the workshop.

"The most simple way to put it is if you're going to teach kids how to speak eloquently and listen actively," he says.

"No matter what you're going to do in life, those are really crucial skills."

steve@shannontyndale.com
steve-tyndale.com

NEXT WEEK: How did you choose your child's daycare/babysitter? Email qc@leaderpost.com

PARENT TO PARENT

Each week Bridget, in connection with SeekADoor.com, gathers advice from parents to share with other moms and dads. This week we asked:

What are your thoughts on "push presents"?



"The best gifts I have ever received are my three healthy beautiful children!" — Erin Kabeloff

"I think it is a classic idea to be honest." — Miriam Koenigsmiller

"I always feel pushed because it's like 'you're not doing your job'." — Luisa Walker

"I hate the name but I like the idea of the 'newborn gift' (not a gift on the day they're born) that you can give down the road when they're older." — Saundra McLean

"I think that you brought a child into the world precious enough! A push gift seems like we could do more. Having dad involved in life with a newborn is the best gift!" — Kristy Doekken

"Just one. I had said my husband deserved just one because I make him perform. It brings back memories of my firstborn because that's when we had our firstborn. We have had three. So when we had our secondborn, I said, 'Well, we have had three, so we should have all three because we have this second, I thought it was my推 present'... but I certainly did not expect any gifts for 'ultimo'." — Nicole Nodder

"It's just another way society is trying to divide people by financially." — Kristen Boever

"My children have been the most cherished blessing. I have received many push presents, caused to say that!" — Shelley Scott Heuer

Authentic Amish Cooking



Copyright 2013 by Linda L. Johnson

Chicken Burrito Casserole

3 C. Cooked Chicken, chopped or shredded
2 cups Chunks of Chicken Soup
16 oz. Rice Vermicelli

1 C. Taco Sauce or 3 cans
Diced Tomatoes with
Green Chiles
Flour Tortilla Shells
1 bag Shredded Cheese



My chicken soup and rice casserole together. Start with a layer of rice on the bottom of a pan of 9 x 13 pan. Then layer with tortilla shells. Then chicken. Then taco sauce or tomatoes. Add more rice, cheese, then more layer of tortilla shells. Add rest of rice, more cheese. Continue, just doing a layer for cheese its meat. Serve with salsa and lettuce.

Dirt Pudding

1 C. Milk, scalded
1/2 C. Sugar
4 T. Flour
1/2 T. Salt
1 C. Milk
2 T. Vanilla

6 Egg Yolks
7/8 cup 6 oz. Cream Cheese
1 C. Powdered Sugar
1 can Blue's Topping
1 tin, Decorate Sandwich
Cookies



Scald milk. Add sugar and 6 ingredients and beat to a ball. Add softened cream cheese, 1/2 cup of powdered sugar and beat to a ball. Add blue's topping and beat to a ball. Add crushed cookies and mix half of oranges for top. Mix other half in powdered milk and sugar to a 1/2 cup. Top with crumble. Yields 2 1/2 x 5 cups.

AUTHENTIC FURNITURE

Custom Solid Wood Heirloom Pieces

DINING ROOM
SALE ON NOW!

up to
30% OFF



Table
Endings, March 1st
Don't miss out!

*Full Catalogue Available

- Custom Furniture
- Walk out Showrooms
- Amish Style & Quality
- Custom Design

510 Circle Drive E.
Saskatoon • 306-955-9397
authentic.furniture@sasktel.net





Warm up your winter with loans at Prime +2%

Lower Your Costs with ENERGY STAR®!

Did you know that upgrading your heating equipment is the best improvement you can make to save energy and money in your home? Act now and receive a loan at Prime +2% (pac) when you install any of the following:

An ENERGY STAR qualified Furnace or Boiler

Eligible equipment includes an ENERGY STAR qualified furnace with a 95% AFUE¹ or higher and a high efficiency motor.

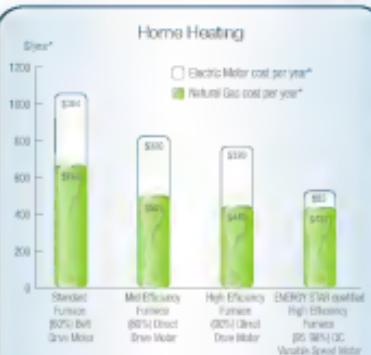
An ENERGY STAR qualified Water Heater

Natural gas water heaters are available in both storage tank and instantaneous models to suit your lifestyle and are the most economical way to meet your household hot water needs.

An ENERGY STAR qualified HRV System

Breathe easy and bring fresh air into your home with a new ENERGY STAR qualified HRV (heat recovery ventilator). They're a great way to stay comfortable and save money!

How your heating dollars are spent



*Based on average home use in Saskatchewan. Actual savings may vary according to use. Electrical costs based on continuous operation of furnace motor during the winter. Fuel rates as of September 1, 2013. Natural Gas \$0.2226 per m³; Electric \$0.1113 per kWh.

Water Heating



*Based on average home use in Saskatchewan. Fuel rates as of September 1, 2013. Natural Gas \$0.2226 per m³; Electric \$0.1113 per kWh; Propane \$0.4720 per litre.

The ENERGY STAR® Loan Program is available through participating SaskEnergy Network Members and is brought to you by:



SaskEnergy
Network Member



For complete program details, visit saskenergy.com
or call SaskEnergy at **1-800-567-8899**

The ENERGY STAR® Loan Program ends March 31, 2014

CITY NEWS

0 OF 5 SPACE DESIGN TEAM

A helping hand for future Mars pioneers

By Sean Trembath

A group of students at the University of Saskatchewan are trying to wrap their heads around the red planet.

The U of S Space Design Team is hard at work on their entry in the 2014 University Rover Challenge. The competition, which is run by the Mars Society, a nonprofit organization in Hanksville, Utah, challenges entrants to design and build a rover that could be used by astronauts on the surface of Mars.

The U of S team is made up of students from the engineering, computer science, biology, medicine and business faculties. Building a rover requires all of these skills and gives them a chance to work together on a real-world situation.

"You get a lot of experience in something you actually want to do and you get to actually apply it. You don't get that opportunity a lot in classes. And you get to actually build stuff," says Jérôme Gervais, the design team's president.

The competition involves several challenges. First, the rover has to be able to traverse unpredictable terrain and inclines of up to 40 degrees.

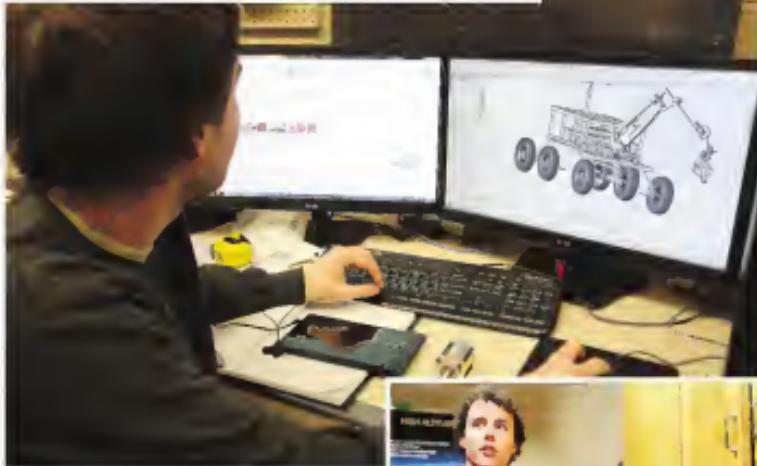
"What's the probability it's going to get stuck and just become absolutely useless?" Gervais says.

Second, it has to be able to pack up and move things in order to mount the theoretical astronauts. For this task, the team had to design a robotic arm.

"From a mechanical perspective, that is one of the biggest challenges in that project just because it has to be so useful in so many different ways," Gervais says.

The arm will also play into the third challenge, which ensures the rover's ability to perform maintenance on its own. This will be tested by having the rover just fix their own PVC pipe.

Finally, it has to be able to gather and samples from at least six locations underground and test them to determine whether life may could be



Kyle Capo works on the mechanics for the Space Design Team's Mars rover.

present within. This involves shining the sample in a vacuum and shining infrared light through it.

All of these functions need to be performed by remote control with the rover out of sight range. That means the team has to create a camera such that they can see in every direction.

The team started work on the rover in September. Much of the early design stages focused on the software that will run the rover.

They used a 3D printer to make a scaled-down prototype of the rover to make sure the suspension system would work. With that tested, it's time to have a build.

The final unit will be about 9 by 1.2 metres and made mostly of aluminum in order to stay under the 36 kg

gross weight limit imposed on the competition. It should be built by the second week of March, Gervais says.

The team was granted to get the building process underway, saving time to pull out of a different design competition after being behind schedule.

"The big lesson is that was that no matter how good your design is on paper it's not going to win if you don't actually get it built."

The competition itself takes place May 20 to 21 in Utah. Between 19 and 23 members of the local team will head down to compete against 39 other teams from all over the world.

Whatever the result, the design and building process has been satisfying for Gervais and the rest of the



Jérôme Gervais shows the Mars rover prototype. PHOTOS: PHOENIX COMMUNITIES

team. "Everyone on the team is like us, in that most of us are really interested in space and are really excited about it, and have a passion for space technology."

www.phoenixcommunities.com
www.marsociety.org

READ MY BOOK

LOCAL AUTHORS:
Writers tell us what makes their book
worth reading

* MARION MUTALA

The third Baba's Babushka adventure

It is only fitting that the third book in my trilia should be a wedding book. Ukrainians love to have three-day weddings. My third book, *Baba's Babushka: A Magical Ukrainian Wedding*, is about a wedding. Well, it will be the last one. Now, that would be fitting.

Wedding bells are ringing in the past. The word brings to mind a wedding just like the ones our folks used to have: taking the young girl on a magical journey to an autumn long ago to discover the wedding traditions of her Ukrainian heritage.



Marion Mutala

And love is definitely in the air. Even if you do not believe in Christmas or Easter, from my previous books you could believe in marriage and love.

So, using my first Ukrainian father child's book *Baba's Babushka: A Magical Ukrainian Christmas*, Natalia goes back in time to Ukraine at the turn of the 20th century and meets another little girl, who turns out to be her baba. Natalia learns the processes and various traditions of Ukrainian Christmas.

In book two, *Baba's Babushka: A Magical Ukrainian Easter Sunday*, learns the Ukraine's Easter traditions. With book three, *Baba's Babushka: A Magical Ukrainian Wedding*, the trilogy is complete.

The number three is a very special number to Ukrainians people because of the Holy Trinity and all three books capture the love inherent to my Ukrainian culture and family traditions.

My grandparents, Tessa Mironenko and Stevie Duley, emigrated to Canada in 1941, married and moved to Hesford, Saskatchewan. It was their story that inspired me to write these books. Pictures of my family members are included in the illustrations. My late mother, Sophie Mironko, was used as the model for the picture of the baba in the story based on pictures of her wearing her babushka. My picture is used for the little girl, Natalia.

So check them out and enjoy book No. 3 in the *Baba's Babushka: A Magical Ukrainian Wedding* or perhaps book No. 1, a national bestseller, a bestselling children's book at *BookExpo 2013*, and winner of *Asian PRide* award *Baba's Babushka: A Magical Ukrainian Easter* was also nominated for a *Sask Book Award* in 2013. These three books are perfect additions to your library.



All three are available at McNally Robinson in Saskatoon, Indigo, Chapters, Amazon.ca, Your Niche's Worth Publishing or my website www.bustamovesk.ca

RENOVATION SALE

up to 60% off
furniture and decor

sew &
home



**FLOOR
ALL MODELS MUST GO!**

601 - 1st AVE N
373.2332
www.sewandhome.com

Sale ends March 1st

**BUST
a MOVE**

SASKATOON

LIMITED
SPACE!

- register
- collect pledges
- team/individual
- fitness fun for all

**MOVE IT
GROOVE IT
fundraiser**

Saturday, April 12, 2014
@ Saskatoon Field House

A joint initiative of www.bustamovesk.ca www.industryinaction.ca www.saskfieldhouse.com

SIGN UP TODAY!
bustamovesk.ca

EVENTS

MUSIC

Wednesday, Feb. 26

Bejeezus Blue Dogs
Beds on Broadway;
817 Broadway Ave.

Thursday, Feb. 27

Gas Gas Gals
Credit Union Centre,
2510 Thatch Ave.

The Flyby Boys
Crackers Restaurant & Lounge,
1-227 Pimrose Dr.

Charger
Beds on Broadway;
817 Broadway Ave.

Flat Black Plastic w/ Charly Hustle
The Gaff, 817 Jeed-We-Podge
Amigos Centre,
632 10th St. E

Friday, Feb. 28

HP Buff
Beds on Broadway;
817 Broadway Ave.

Plano Friday w/ Ken Seinfeld
Vocal Jazz Series Broadway
Unplugged-on-the-Saxophone
Summer Images
The Basement,
2024 Fourth Ave. N

DDT
Army and Navy Club
259 First Ave. N

Dear Jamesons
Toon Town Tavern,
3330 36th St. Dr.

Connor Coughlin
McMally Schinner,
3130 Eighth St. E

Williams and the Shadows
Rehfeld Senior Center,
103 Harmon St. E

Friends of Foos w/ Silent Sea
Amigos Centre
632 10th St. E

Apollo Gras
Village Inn Tavern,
801 Broadway Ave.

Idle Hands
Starts Place,
105-110 Ruth St. E

Saturday, March 1

HP Buff
Beds on Broadway;
817 Broadway Ave.

Maria Sieries Old Macdonald's
Octopus Chamber
The Basement,
2024 Fourth Ave. N

DDT
Army and Navy Club
259 First Ave. N

Merv & Dyane

Natana Legian,
3021 Louise St.

Dance Party
w/ Saskatoon Rhythmatines
Downtown Lotion,
630 Spadina Cres. W

Jeff Martens
McNally Robinson,
3130 Eighth St. E

Rah Rah w/ Four Lakes
and Bentley York
Amigos Centre,
632 10th St. E

Sunday, March 2

Merv & Dyane

Natana Legian,
3021 Louise St.

The Pack A.D.
Amigos Centre,
632 10th St. E

Tibey w/ Mackenzie Porter
Louis Pub,
53 Census Dr

Tuesday, March 4

Moots James Old Macdonald's
w/ Jordie Laas
The Basement,
2024 Fourth Ave. N

ART

Manuel Art gallery

Until March 30 at 103 Spadina Cres. E. Contemporary drawings from the National Gallery of Canada, and Tracey Nelson, Wells of Intrinsic and Canons of Curiosity. The NSCC Artistic by Artists exhibition is now Leanne by Ghen Klypk and her mentor, Jane J. Jacobs. The Child Taken exhibition is in the gallery auditorium until March 2. Figure Drawing Event: Carries, a one-day adult drawing studio, March 16. Register by March 10. \$35-140. Visit www.manuel.ca.

Perseus Star gallery

Until Feb. 26 at 130 Elgin St. E. Out the Blue: What happens when aspiration etches away at gallery artists' endpoints

There's Company gallery, Waterloo Crossing 201 at The Mall on Third and Main in Waterloo. The gallery is permanently closing; date to venue re-opening.

SGAF gallery

Until Feb. 26 at 253 33rd Ave. S. Wild at Heart by Melanie Minzey and Shawna McWhirter.

Hans gallery

Until Feb. 28 at 1118 Louise Ave. Acrylic Landscapes by Nicki Ault.

St. Thomas More gallery

Until Feb. 28 at 1621 College Dr. Pressing Matters: New works by Ink Sist/Printmakers

Greens Ark Collected Home

Until Feb. 28 at 321 10th St. W. New works by Cameron Molony. Visit www.greensark.ca.

Gender Enclaves gallery

Until Feb. 28 at 400m 9th Murray Building, U of S. Part of series is Dressing the Sis, site of the upcoming MFA candidates at the University

of Saskatchewan use personal as a starting point to explore love, femininity, fitness and truth. Reception Feb. 28, 7 p.m. to 10 p.m.

Rouge gallery

Feb. 28 until March 16 at 260-265 Third Ave. S. New Directions by Elje Gepirkoff. Opening reception Feb. 28, 5 p.m. to 7 p.m.

A Fleeting gallery

(Saskatchewan Craft Council) Feb. 28 until April 12 at 813 Bessborough Ave. Wearable Arts: Works that were featured in the first Saskatoon Wearable Art sale on Oct. 26, 2013. Reception April 12, 2 p.m. to 4 p.m.

Perkovich Centre

Through February at 110 Groper cres. Southern art group. A variety of mediums and techniques including: photography, acrylic, watercolor, fabric, digital and hot wax.

Gambrell Hill gallery

Until March 1 at 403-103 21st St. E. Works by local artists Zedher Lopan, Clint Neufeld and Alison Norlen.

Gold-Gallery

Until March 2 at 2-1036 Eighth St. E. Alphabetical by Shawna Blak.

The Galleria at Pleasantwood

Until March 6 at 228 Third Ave. S. Louise Cook as The Crow Flies: New of paintings presenting well-known nature sites across Saskatchewan.

Centre West galleries

Until March 5 at The Centre. Displays by the Saskatoon Scale Modellers in Toy gallery, Axis gallery, Amber Gallery, Seine Gallery and Crimson gallery; displays by the Ukrainian Canadian Congress and the Saskatoon Public School Board in Indigo gallery; display by the Saskatoon Public School Board in Majestic gallery.

Centennial Art Show

March 8, 5 p.m. to 8 p.m., at The Local Coffee Bar, 167 Third Ave. S. New works by local artists, with live music.

Second Annual Street Meet Call for Submissions

Submission deadline is March 10. Saskatoon-based artists are invited to submit proposals for street Meet 2014 by March 15. The festival runs July 4-6. Street Meet only accepts digital submissions via email. Contact Street Meet programming committee at streetmeet@cauris.ca. For information email kelephofne1@telus.com.

University Museum of Canada

Until March 16 at 910 Main St. E. Ties to Siberia: The Muse and the Muse. A multi-media exhibition celebrating the 30th anniversary of the Rockies with

The Gallery at Frances Macdonald Library

Until March 21 at 311 23rd St. E. Stories of City/Local History: Photographs from Local History's collection

Humboldt and District Museum and Gallery

Until March 29 at 801 Main St. E. Humboldt: A Local Perspective exhibit of watercolours by Bob Pitzel.

Station Arts Centre, Rosthern

Until March 29 at 201 Railway Ave. in Southern Alberta. Conference an ever-expanding installation of pieces of sheer fabric that each represent a single living being, kept and inspired by Martha Cole.

Handmade House Showcase

Until March 31 at 110 Broadway Ave. Meet the Winter Issue. A group of six featuring the variety of crafts members create.

Black Spruce gallery

Open through the winter at Northside Antiques on Highway 2. After Show, a group show.

Pavilion Arts

Until April 6 at 424 20th St. W. Shows Like Audio IV Art Festival and for experimental visual artists. The festival runs July 24-26. Student performances by trained audio art performers radio/videotape artists electronically to Peavey Arts.

The Spring Collection

Until April 30 on the eighth floor of the Delta Metropark. Presented by Kelitz Fine Art. Bronze sculpture and modern ceramic art. Works by Raphael Gylfason, Michael Anholt, Tom Tolowitz, William Prentiss and Tim Johnson.

Mark Your Pottery

Regular art classes and programs at 3-310 Eighth St. Visit wpepottery.com or call 366-3226.

SPECIAL EVENTS**The Scene: Youth Media Festival**

Until Feb. 26 at the Phoenix Theatre. Curated by Renée Penney. Featuring films and videos about cyberbullying, global citizenship, social change and human rights. With a Q&A with the filmmakers. An audience-panel discussion, a discussion workshop on creating digital storytelling with smartphones and a video competition. For young people ages 12 to 18. Visit www.thesceneyouthmediafestival.com.

FARIS Lecture

Feb. 26, 10:30 a.m. at Quaestor Theatre in the U of S Education Building. Fine Arts Research Lecture Series in Music. With speaker Dr. Karen Dutcher-Maurer on "Against All Odds: A Singer's Battle with Chiaro-Deformation."

Literature Matters

Feb. 26, 7:30 p.m. at Grace-Westminster United Church. Talk by members of the Department of English, University of Saskatchewan. Professor Susan Gossel, "Kennett, Money, Goodwill: Voices of the Amiskwaciy People in 'The Green Gown' of My Mother Come Down?"

Coalition Singers Open Rehearsal

Feb. 26, 7:30 p.m. at Zion Lutheran Church. Anyone interested in choral singing and is finding our more about the choir is welcome. Call 306-223-6905 or visit www.zionlutheran.org.

Yoga Fundraiser

Feb. 26, 7 a.m. to 8:30 a.m. at Fitness on 25th 510 25th St. A fundraiser

for the YWCA Social Good Program. Bring your own mat. Admission by donation. All proceeds will be donated to Social Good which helps support women, children and their families. For information call 306-244-0944 ext 147 or visit www.ywcaon25th.com.

Marketing Your English Degree

Feb. 27, 3:30 p.m. in Arts 133 at the U of S. Hosted by English Undergrad Society and Student Employment and Career Centre. Learn how the skills you are acquiring with your English degree can get you jobs, and how to present that skill set to prospective employers.

Saskatoon Conservation

Feb. 27 at 7 p.m. at Mosaic Library Auditorium by The Saskatchewan Eco Network. A documentary film about one biologist's struggle to overcome government and industry inefficiencies in order to save BCI's wild salmon.

Breast Cancer Rehabilitation Symposium

Feb. 27-29 at the Saskatoon Travelodge. Hosted by the Saskatchewan Physical Therapy Education Association. A chance is given to the public to hear about the latest information in breast cancer rehabilitation and has an opportunity to ask questions of the experts. With a public lecture forum on Feb. 28 at 2 p.m.

David Stoltz Lecture

Feb. 28, 2:30 p.m. in Room 1003 in the U of S Education Building. Master class.

Cheese and Beer Night

Feb. 28, 7 p.m. to 9:30 p.m. at Prairie Star brewery. Enjoy more than 20 cheeses paired with 10 Prairie Star beers. With Fondue, cheese and chocolate flan. Cooking demonstrations, a talk on craft beers and door prizes.

Jean Kilmarx Lecture

Feb. 28, 7:30 p.m. at Roxy Theatre. The pianist performs Shostakovich's Sets of Piano and Massorysky's Preludes At An Exhibition.

Sweet and Savory Soirées

Feb. 28, 6 p.m. at the Ukrainian Centre, 213 Second St. An evening of food and entertainment. Featuring Paul Gidczen on fiddle, singer-Louise Friesen, spoken word poet Ryan J. Bradbury, and Graham Pitcairn and James Deakay on jazz guitar and clarinet. With buffet-style hors d'oeuvres and desserts, a cash bar and an art auction. Call 306-654-2400 or 306-653-5892.

The Saskatoon Parent and Tax Expo

March 1, 10 a.m. to 4 p.m. at Prairieland Park. Featuring local products, services and information for families before baby and beyond. Shopping, door prizes, interactive displays, informative presentations and a concession. A portion of the door admission is being donated to "Dad of the Year."

The Charming of the Senses

March 2, 3:30 p.m. at the Bessborough Hotel. The Saskatoon Symphony Orchestra's "Hearers" Choice Series. With the Saskatoon Symphony Chamber Players. Featuring works by Berlioz, Lassalle, Hoffmeyer, Haydn and Turner.

16th Annual Saskatoon Blues Festival

Runs to March 2 at various venues around Saskatoon. Featuring Canadian and international artists. With Scott Vennell, Dene and the Hawklins, Kali Danner & Morgan Davis, Tommy Castro and the Pickleheads, Shabaka Hutchings and the Last Leaf Jackson. Visit www.saskblues.org/blues.aspx.

Sunday Food Fun at the Farmers' Market

March 2, 9 a.m. to 1 p.m. at the Farmers' Market. Open for kids ages nine to 12 with salsa tasting, games and crafts. Pre-registration is required. Email cl025@usask.ca or fill forms at the market.

What you need to know to plan your week. Send events to bridges@thestarphoenix.com

Brent Galt

March 3, 10:30 a.m. at TCU Place. The Canadian stand-up comedian performs.

60th Annual Drew DellaRocca Lecture in History

March 4, 7 p.m. at Frances Morrison Library. Sponsored by the University of Saskatchewan History Graduate Students' Committee. Dr. Irina Ozkak, "Facing Eugenics: Reproduction, Sterilization, and the Politics of Choice." Refreshments to follow.

30th Annual Greek Debutant Ball

March 5, 6 p.m. champagne reception, 7 p.m. traditional Greek dinner, at Mimos Restaurant. Hosted by the Royal University Hospital Foundation. With traditional Greek music and dances, and a chance to win a trip for two to Greece. Funds raised support RUH Foundation's Campaign for Royal University Hospital.

THEATRE**Dinner and Mickey's Rockin' Road Show**

March 2, 6 p.m., 7 p.m. and 8 p.m. at Credit Union Centre, Midway. Minnie, Donald and Goofy set out on a safari of seven. Thrills, twists, and familiar faces are met along the way.

SPORTS**Snow Drag Races**

March 1-2, 9 a.m. to 4 p.m. at Marcus Davies Raceway at Prairieland Park. Western Canadian Championships. Snow Drag Races. With pro, amateur, youth and junior racers. Featuring a swap-meet and end of season sale.

Eventbridge is a free community service offered by BCBusiness. Listings are not printed in alphabetical order.

**NOMINATE A WOMAN OF DISTINCTION**

For the 33rd Annual YWCA Women of Distinction Awards*

Nomination form: www.ywca.ca

MARCH 3, 2014
Arrivals: 6 p.m.
MAY 29, 2014,
TCU PLACE

For a nomination package, contact YWCA Saskatoon bwainwright@ywca-saskatoon.ca 306-266-7034 x 122 www.ywca-saskatoon.com

Tickets go on sale at Ricci's starting **Feb. 3** www.ricci's.com/awardscenter



MUSIC

FOLLOW BRIDGES ONLINE at thestarphoenix.com/bridges or you can follow us on Twitter @bridgesYXE or on [facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE)

KAV & CLAY

Hip-hop duo is all about inclusion



Kav & Clay's Avirol Reznick (left) and Ivan Anderson (submitted photo)

By Ashley Martin

How long have Kav & Clay been making music?

It's one of the first questions of the day's first ever media interview. By the way, "I was very excited to get to speak to you," says Ivan Anderson.

The answer, about four years, though Anderson says the joke tracks don't count.

"Which ones are those?" replies frontman Ivan Newkirk.

Their songs tend toward a policy nerdy nostalgia. Their name was inspired by a minor sheet music book.

"It's the duo of them, the duo of

us. That's the point, the spot where we come from — a little nerdy, a lot of nostalgic, really D.I.Y.," says Anderson.

Both Anderson and Newkirk played in hardcore-based Rap but not a lot of it, says Anderson.

"Honestly hip hop, rapping was the easiest thing to come up in a hardcore band. The way you vocalise and the flow of the words, it just come naturally after that," says Anderson.

Honestly hip hop, rapping was the easiest thing to come up in a hardcore band. The way you vocalise and the flow of the words, it just come naturally after that," says Anderson.

"There's a lot of really, really re-

ally talented people making a lot of really awesome, awesome music and we just want to fit it out there more," says Anderson. "We look about our stuff, we just want to help build it up and be involved and work with people."

It's good to have a welcoming attitude. Friends rule is our motto. Hunting friends rule."

Working with people, because there's strength in numbers. Newkirk has had a great mentality since childhood.

"I was never really about the idea superheros, when I was a kid, I was always about the groups like the Ninja Turtles and the Power Rangers.

and the teams. No one really had the extreme super powers but as a team we work together and just dominate," he says.

"It's all about inclusion, that's what we want," says Anderson.

"We just want everybody to ray," adds Newkirk.

With changing technology, that's getting easier.

"There's this D.I.Y. attitude now with hip hop, you don't need to break the bank, you can make really professional sounding tracks in your basement," says Anderson.

Kav & Clay is always doing new things, making new tracks, posting them online, taking them down, re-

mixing. The duo's first EP is coming out this spring.

"Some of the best producers and people out there are 15-year-old kids with a laptop and a backpack," says Anderson.

Newkirk will sample "whatever catches my ear." He makes beats too, but prefers sampling for his sample tracks.

"When somebody samples a song and does a good job of it they get to hear that song again and it's being II block and slaving new gen rations instead of old ones."

In Regina, you can usually catch Kav & Clay at Flings hip hop jam night every second Thursday.

ON THE SCENE

CHEFS' GALA & SHOWCASE

There was an air of old Hollywood at the fifth annual Chefs' Gala & Showcase, held at Pinnacle Peak on Feb. 15.

Hosted by the Saltation Chefs' Association, the event celebrated the city's finest food and culture. The gala was a fundraiser for three local arts groups: Little Opera on the Phoenix (LOOP), Live Five, Independent Theatre and Rethinking Chamber Music Festival.

Patrons enjoyed live theatre, opera and chamber music performances throughout the night, along with a champagne and hors d'oeuvre reception. Local artists such as Hugo Almeida donated paintings for the live auction. The highlight of Chefs' Gala was the six-course gourmet meal. Each course was prepared by a different chef and made to showcase his or her particular person in the kitchen while complementing the overall menu.

1. Andy Engdahl, Jen Engdahl, Kyle Kortassa and Michelle Kortassa

2. Terrence Jordan and Lisa Hall

3. Heather Doss and Sam Miller

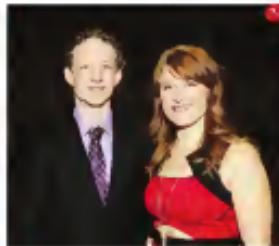
4. Robin Burleigh and Tomato Mender

5. The beef carpaccio and mini gratin salad course, prepared by Saltation Inn executive chef Doug Hyland and his team

6. Members of the Saltation Chefs' Association celebrate after the final course of dinner was served.

7. Jeff Reggald is greeted on the red carpet by Live Five performers

BRIDGES PHOTOS BY MICHELLE BERG



CHEFS' GALA & SHOWCASE



8. Kyle-Ruth Marashin, Jody Nelson and Louise Gagnon

9. The Sakehouse Club's executive chef and Chefs' Gala organizer Anthony McCarthy

10. Dark Mockup and his team at Aplus made the dessert, evolus (l-r), Morgan Munro, Chefs' Peters and Donosen Schmitz

12. Horn blowers made by Glast culinary arts program students

13. Radisson Hotel executive chef Trevor Robertson accepts the Chef of the Year award



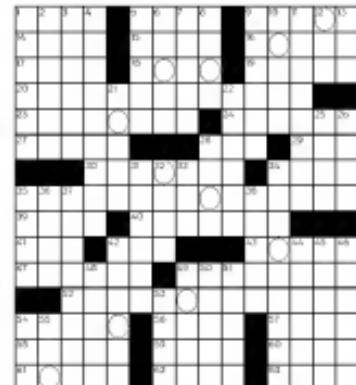
11. Morgan Munro, Chefs' Peters and Donosen Schmitz

12. Horn blowers made by Glast culinary arts program students

13. Radisson Hotel executive chef Trevor Robertson accepts the Chef of the Year award

CROSSWORD

NEW YORK TIMES Edited by Will Shortz



PATRICK BY ABIGAIL BACH

ACROSS

1. Acrobats
2. (Liberia's) oil
3. COO Jennifer Aniston
4. Flock
5. Served until
6. Max on
7. "South Park" boy
8. "Whose America play brings"
9. "____ says"
10. & 29. Great in fancy tales
11. Quirky: off
12. Recommended for an exercise
13. The same other week
14. Teach spell
15. Kicked to the curb
16. Finally occupied, as in occupied former-owner left toager right
17. Much money cost
18. Grief: blues
19. Not only just that influenced his break
20. The poor value of a Scrabble tile
21. Deliberate megarage or
22. Possibly leaves
23. View from a highness everywhere
24. Publishers of "the"
25. Horns with "the"
26. Hugs we __
27. "____" 7
28. A room to "That we?"
29. Associate with
30. Like many high-profile athletes
31. Where many Sagittarius hang with "the"
32. Do you yourself?
33. Day of the Dead (Santo
34. Horns to earn for a high schooler's

DOWN

1. Citrus aneroid
2. Press paper
3. French menu
4. Slogans in review
5. Recording: trip set off one
6. Star word (10)
7. Wholesaler's supply
8. Stone rats
9. Admire: like and admire
10. Letter shapemarker
11. Immature jackfruit
12. Luster of poker
13. Brewmaster riders
21. Achter
22. Walks through dense snow, say
23. Coat worn by Tiger Woods
24. He's the effa latz
25. Household word
31. Best cool living
32. City east of
33. See its stationary
34. Like a line of soldiers
35. A who's who of 2013 Olympics
36. Figure: "top of the
37. It has a low percentage of alcohol

38. Record: Japan
43. She same fern
44. On of somethin' served in a holewood not napple
45. FL cancer nothing leader: Smith
46. One of the following
48. Hobo (out)
50. "We Win" draft
51. June: Timberwolves
52. Hammer: ___
54. In the house
58. Oriole catcher

JANRIC
CLASSIC
SUDOKU

Level: GOLD

All in the classic cells user numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from leisure (easiest) to Silver (Silver) to Gold (Hardest).

4			3	8	9		
5	3	2					8
9				7	1		
1				9	2		
3	5	7	6		1		
4	1				7		
9	7				2		
3				7	4	5	
8	3	5			9		

Solution to the crossword puzzle, not the Sudoku can be found on Page 27

OUTSIDE THE LINES



Colouring contest

Each week, Stephane McKay creates a rarely illustration meant to please lots of eyes.

Children can color the page, have a photo taken with the finished product and email it to bridge@thisisphoenix.com. One winner will be chosen each week.



Last week's contest winner is Aastuti Acharya, age 5. Thanks to everyone who submitted a drawing!



For the Toys you've Always Wanted
gigglefactory.ca

The Greatest Toy Store in
 Saskatchewan! Largest
 Selection of Playmobil &
 Calico Critter. We also carry
 a huge selection of Unique
 Toys and Great gift ideas.
 Toy Suppliers, including
 Balloon Designing

Come See us at our Great
 Location with Free Parking
 150 – 1824 McOrmond
 Dr. 975-9630

GARDENING

GARDENING

Recollections on Irish Gardens

By Sara Williams

St. Patrick's Day is around the corner and I'm reminded of my visit 12 years ago to Ireland, the Emerald Isle. And what better occasion than this to share a few wistful thoughts to think green thoughts.

The highlights of my trip remain the sprawling manor houses and castles, but most of all the gardens! A few in particular stand out: Helen D'Arcy's gardens, Ballymaloe, and the Ballyvolane Cookery School.

Writer and lecturer, Helen D'Arcy is in retirement, the grande dame of Irish gardening. In the middle of Dublin, she has created an ever-changing oasis of beauty.

Her garden starts with a semi-beach front in front of an elegant Georgian house. A terrace in building originally used as stables but now converted into a sunroom backs the garden. Between the two buildings is a large but narrow garden, nearly as wide as it is, of perfectly grown plants. The two buildings create a feeling of peace and privacy in the bustle of a bustling city.

The long rectangular "oval" built of limestone adds to the serenity and brightens the sense of length. Its parallel herbaceous borders are like an oar sole, red on the other. Behind bright tulip borders are garden rooms including ones with vegetable beds and an aviary.

The second great gardens I remember family at Ballymaloe, Dromoland, located on Gormagh Island off Glen Rhee in Ballyea, West County Cork. To get from the mainland you take a ferry, after sailing past wild, red-brown rocks. The sea journey gives one ample preparation for the magical world of Dromoland.

The gardens had begun over a century ago, in 1900, by Violet and Ann Bryne on what was then a barren island owned by the War Office. The only building was a Martello Tower (total there) built in 1800 for the purpose of fending off Napoleon who, as it happened, never came.



The rustic Italian garden at Ballyvolane join the University of Saskatchewan's annual tour to Ireland to see gardens like this one. (PHOTO COURTESY OF SARAH WILLIAMS)

The couple's first tasks were to bring in sufficient topsoil from the mainland to construct a garden and plant shelterbelts along the perimeter of the island to ward off storms.

Harold Peto was commissioned to design the garden while Annie Bryne selected the plants. One last detail men worked alone for four years until the outbreak of World War One.

The formal Italian garden with its rectangular pool and watercourse, terrace overlooking the sea and the manastous on the mainland beyond. Masses of white staddle stones, once

used to protect grain from rodents and today used as dressings on garden or walls, border many of the paths. The wild garden contains many interesting herbs and flowers.

Kindness as an Irish garden's hallmark is the Ballyvolane Cookery School in County Cork. Apparently it consists of a kitchen garden or potager with vegetables, salad greens and edible flowers. Here a home-grown food at its very best. Selected for flavor and sometimes unique colors, all are laid out in a delightfully formal but informal manner.

You'll also find fruit gardens, an

herb garden edged in boxwood and set in grass, a rose, and herbaceous borders leading to a Victorian shell house. The only shell I've ever seen. Only 10 years old, they perform looks like it been there forever.

If touring these and other Irish gardens appeals to you, why not join us May 4 to 15 for the University of Saskatchewan's Centre for Continuing and Distance Education's Ireland: Gardens, History and More.

For more information or a brochure, call 306 866-5594 or email gardens@usask.ca.

This column is provided courtesy of the Saskatchewan Provincial Society.

(Photo: Ballyvolane Cookery School, Ballyvolane, Ireland)

GARDENING EVENT

SK Perennial Society Annual general meeting and raffle night

February 27, 7:30 p.m. Enclosed Anglican Church, 491 Dufferin St. 16th Street, South West entrance to the basement.

A chance to learn about the society first hand and then later with a life in a Landscape. The Elsa is about Kinsmen Club and Marrow from in Ontario. Open to all

SHARP EATS

See a food trend you think deserves a highlight in Bridges?

Email bridges@thestarphoenix.com
or visit Bridges on Facebook.

SASKATCHEWAN FOOD TRENDS

Juicing your way to health

By Jenn Sharp

Juicing has quickly become the newest health craze. Proponents wax poetic on Facebook and my inbox has been inundated with articles on juicing's benefits.

Juice bars serving up freshly squeezed, made-to-order concoctions are the norm in larger centres in Saskatchewan, but relatively hard to find. As juicing hits the mainstream, expect that to change.

Then there are the places that have sat back quietly and waited. Take Kinsmen's Best Market & Wine Bar in Regina. The Cathedral City eatery has been offering freshly squeezed juice and blended smoothies for years, long before it was trendy to do so.

Along with the sweet berry and fruit smoothies (all of which have no added sugar), are fresh juices using ingredients like carrots, beet, celery, parsley, apple, spinach, orange, kale and garlic.

I tried the Green Dragon – a vibrant combination of celery, kale, parsley, spinach, carrots and green apple. At \$16, it's a pricey drink but that's because it's full of more green vegetables than most of us get in a week. It tasted great – like drinking a freshly-mown lawn with a hint of sweetness thrown in – but I think part of the taste is the feeling of doing something really good for your body.

Thrive Juice Co. started up in December 2011 in Saskatoon. Promoted as "Saskatoon's first raw and organic cold-pressed juice company," the juices are currently only available through pop-up shops at various locations in the city.

In most circumstances, you're meant to drink a fresh juice within 15 minutes of making it to reap the full nutritional benefits. Heat and oxidation are not used during



Left: MacKenzie Best, Green Dragon juice. Above: Kinsmen's Best Market and Wine Bar from Thrive Juice Co. (PHOTOS: PHOTO BY MICHELLE REED)

Thrive's juicing process. That means the cold-pressed juice is all with ripe names like Sweet Easy and Green Dragon. There's a long shelf life of up to 10 days.

A long-time smoothie lover, I guess I'm a wimp and love it. I feel weird eating that food, though – the way carrots are turned into juice once that action becomes popular (like gaming) is strange to me.

It's easy to get confused about smoothies vs juices – it's one better than the other? Nutritionalists are divided but most agree there's a role for both in a healthy diet.

Juice is generally used for an instant hit of energy as the body is able to absorb nutrients directly into the bloodstream once freed from fruit and vegetables is removed. Smoothies are an easy way to get other important diet and health benefits as quickly as possible. Both should be considered if you find eating vegetables is difficult.

Saskatoon's Best juice bar is located at 2234 11th Ave in Regina. Check out Thrive Juice Co. at www.thrivejuice.com and look for a Thrive Juice food truck that is spring in Saskatoon. info@thrivejuice.com

SMOOTHIE AND JUICE BENEFITS

Whatever your choice, nutricists recommend a three-to-one ratio of vegetables to fruit to keep the sugar content down. While juice generally isn't the best choice, making smoothies is a great way to get a daily smoothie without a meal. And by adding ginger, it's an inflammation-fighting powerhouse.

SMOOTHIES

- Fiber pulls out toxins from body
- Very high-quality fiber from fruits and vegetables
- Protein powder can be added to make it a meal

- Easy to add filling healthy fats like avocado
- Great way to get veggies into diet, especially for picky kids – fruit masks flavor of vegetables

JUICES

- Indigestible fiber removed from plastic
- Provide an instant shot of vitamins, minerals and enzymes to the blood stream
- Body is able to easily absorb nutrients
- Immune system = instant energy
- Juiced vegetables provide chlorophyll, natural body cleanser and blood oxygenator

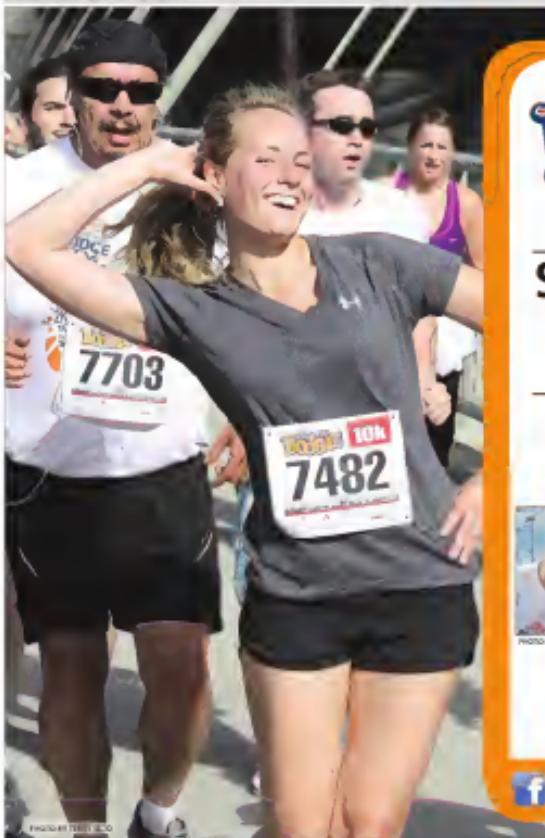


PHOTO BY TERRY GLO

The StarPhoenix
**Bridge City
 Boogie 8**
 walk • run • boogie • 2k • 5k • 10k

**SUNDAY
 JUNE 8
 2014**

**NEW
 LOCATION**
 Diefenbaker
 Park!

**REGISTRATION
 IS NOW OPEN!**



PHOTO BY ERIC REAL



PHOTO BY ERIC REAL

**REGISTER ONLINE
 TODAY!**
bridgecityboogie.ca



[facebook.com/bridgecityboogie](https://www.facebook.com/bridgecityboogie)



@RunWalkBoogie

PROMOTING PARTNER



VOLUNTEER AND
 ON-COURSE
 ENTERTAINMENT
 SPONSOR

